

ABSTRACT

An exercise apparatus is provided which includes a chair, an arm-exercising station, and a leg-exercising station. The arm-exercising station is mounted in the armrests of the chair and includes a support frame attached to the base portion of the chair, a pair of elongated left and right exercise bars disposed within the left and right armrest portions of the chair operable for selective pivotal movement within the armrest portions, and a resistance device attached to the bars for resisting the pivotal movement of the bars. The leg-exercising station is associated with the underside of the footrest portion of the chair and includes a pedal assembly configured for rotational movement. The pedal assembly is automatically raised and positioned for use when the footrest is pivoted forwardly. The leg-exercising station is concealed within the chair when not in use.

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